

# Certified midwives birthing option

P-25-56  
Some couples are today seeking options to the traditional birthing process.

In doing so, many of these couples are choosing to have their baby delivered by a Certified Nurse Midwife (CNM).

"People often confuse CNM's with lay midwives," said LaRita Evans, a CNM who has practiced in Orem for six years and currently has an office in the medical offices at Orem Community Hospital. "Actually, there are many important differences."

In Utah, CNM's must be a registered nurse before entering a program that is approved by the state

American College of Nurse Midwives (ACNM) at an accredited university. Courses there are taught by qualified physicians and certified instructors. After approximately six total years of schooling, including an advanced apprenticeship.

With completion of coursework, the apprenticeship, and after passing certification tests administered by the ACNM, CNM's must continue to conform to a set of standards and regular peer review.

In comparison, a lay midwife in Utah may have no formal medical training and is not part of an association recognized by the state

or any formal institution. "They may claim to be certified, but they really aren't certified by an accredited organization," said Evans. "We deliver babies only in hospitals," Evans said, "and that really makes the birthing process a lot safer. Usually everything is just fine, but if complications do develop, help is only seconds away."

CNMs are also required to have a physician available as a back-up in case the mother or baby develops complications.

Perhaps the appeal of CNM's to many couples is that they can have both the safety of the hospital and a "natural birth," Evans stated.

CNM's deliver in home-like birthing rooms, tend to be more "natural" oriented in their approach to childbirth, and let the parents decide what they want their birthing experience to be like.

"As long as the parents wishes are reasonable and medically safe, we work with them to fulfill their requests," said Evans.

Over the past six years Evans and the CNM's in her practice have delivered over 1500 babies. "I think that's a good indication that we are offering a service that the community wants," she said.

# Families strong in 'Pinafore'

By GAY PARVIS  
Herald Correspondent

Many times in the past families have appeared together in Opera West productions and "H.M.S. Pinafore" is no exception. The Gilbert and Sullivan operetta is scheduled Oct. 9 and 10 at Springville High School and Oct. 11 and 13 at Canyon View Junior High in Orem.

Dorothy Naranjo of Mapleton, her daughters Carol and Joyce R. Booth are on stage again with the company. They have worked together previously in productions of "Ichabod!," "Amahl and the Night Visitors," "Trial by Jury," "The



wanted him for our Sir Joseph."

It was more difficult deciding Jan. She did not fit the usual type for a Buttercup, a "round and ruddy lass" with a huge mezzo voice. "She was so charming and vivacious and certainly sang well enough. We just had to get past our own pre-conceived notions of Buttercup "look" Ruff said.

The long ride from Lindon to Springville and Mapleton for rehearsals has provided even more opportunity for father and daughter to spend time with each other. "That's been a real bonus in doing 'Pinafore,'" says Jan, "and I'm a lot more excited about performing."

# Home Births

1. 12 Jan 186  
Tammy Sue Clapp  
David Olsen  
del drivers at home  
in P.C. 1630 Old Ranch  
Road ♀  
8-13-86  
Suzan Van Wag.  
Michael Thurber  
280 W 3550 Miday  
by Joan S Patten  
of Provo
- 2.
3. 11-3-86  
Rachel & Scott  
Morrison  
Reese
- 4.

See back for complete prescribing information.

BENEFIT BEYOND THE NSAIDS  
in Rheumatoid Arthritis  
for  
**RIDaura**  
ADD